

## Hope through Research

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) sponsors programs aimed at understanding and treating ED. One team of researchers is exploring the effect of weight loss on ED in men who are obese and sexual dysfunction in women who are obese. One group of participants in the study received bariatric surgery or a lap band procedure to bring about weight loss. Another group lost weight through counseling and behavior change. At the beginning of the study, participants filled out surveys that measured erectile or sexual function. Four years after surgery or weight loss counseling, they will retake the surveys. The Changes in Sexual Function Following Bariatric Surgery study, funded under National Institutes of Health (NIH) clinical trial number NCT00670098, will test the theory that weight loss can improve erectile function.

Other investigators are studying how better control of blood sugar and blood pressure in diabetes could help reduce the chances of developing ED.

Clinical trials are research studies involving people. Clinical trials look at safe and effective new ways to prevent, detect, or treat disease. Researchers also use clinical trials to look at other aspects of care, such as improving the quality of life for people with chronic illnesses. To learn more about clinical trials, why they matter, and how to participate, visit the NIH Clinical Research Trials and You website at [www.nih.gov/health/clinicaltrials](http://www.nih.gov/health/clinicaltrials). For information about current studies, visit [www.ClinicalTrials.gov](http://www.ClinicalTrials.gov).